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USE OATS TO SAVE WHEAT



Please, Granny! Just One More Oat Cookie!

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ROLLED OATS have long been used as a breakfast cereal in American homes, but the use of the ground rolled oats in place of wheat flour in bread and cake making is new to some people. This circular gives recipes using the ground rolled oats in bread, cakes, and cookies. Their use can help make the supply of wheat go around, and you will also find them very palatable. Try them.

USE OATS TO SAVE WHEAT.

ROLLED OATS now are more generally used than old-fashioned oatmeal, though the latter may still be purchased in some parts of the country. The oatmeal requires long cooking to make it edible, so is not adapted for use in bread making. The rolled oats, however, are partially cooked by steam in the process of manufacture and it has been found that, when ground through a food chopper or a small hand mill, they may be used successfully in bread and cake making.

In response to the demand for substitute flours, oat flour is now procurable on some markets, but in most cases the flour does not differ materially from the product made in the home by grinding the rolled oats in a hand mill.

Since oat flour is more granular than wheat flour, better texture can be obtained by using it in combination with one of the finer flours of higher starch content, such as rice flour, potato flour, or corn flour. The quick breads and yeast breads as well as the cakes and cookies made from the ground rolled oats have an excellent flavor.

Either the home-ground rolled oats or the commercial flour may be used in the recipes that follow. If you have favorite recipes of your own, use them, substituting $1\frac{1}{8}$ cups of the ground rolled oats for 1 cup of wheat flour. The recipes given here have been tested in the Experimental Kitchen of the Department of Agriculture, Office of Home Economics, and of the Home Conservation Division of the U. S. Food Administration.

RECIPES USING GROUND ROLLED OATS.

SHORTCAKE.

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|---|---------------------------|
| $1\frac{1}{8}$ cups ground rolled oats. | 1 teaspoon salt. |
| 1 cup corn flour. | 4 tablespoons shortening. |
| 3 teaspoons baking powder. | $\frac{2}{3}$ cup milk. |

Mix in order given. Bake in a sheet, split, and butter while warm. Serve with fruit as a shortcake.

MUFFINS.

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| $1\frac{1}{8}$ cups rolled oats. | 1 tablespoon sugar. |
| 1 cup corn flour. | 1 egg. |
| 4 teaspoons baking powder. | 1 cup milk. |
| 1 teaspoon salt. | 1 tablespoon melted fat. |

Variations: In place of the 1 cup of corn flour substitute $\frac{7}{8}$ cup of rice flour or $\frac{3}{4}$ cup of potato flour.

PASTRY.

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| $2\frac{3}{4}$ cups ground rolled oats. | 1 teaspoon salt. |
| 6 tablespoons fat. | $\frac{1}{4}$ cup cold water. |

This makes a very tender pie crust. It may be patted on to the tin, if there is difficulty in rolling it out. For fruit pies use half barley flour.

OATMEAL FRUIT DROP COOKIES.

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| $\frac{1}{2}$ cup sugar. | 2 eggs beaten until light. |
| 1 tablespoon fat. | $2\frac{1}{2}$ cups rolled oats ground. |
| $\frac{3}{4}$ cup corn sirup. | $\frac{1}{2}$ cup dates or raisins cut |
| $\frac{1}{2}$ teaspoon salt. | in small pieces. |
| | 1 teaspoon vanilla. |

Mix in order given. Drop by the spoonful on greased baking sheet and bake.

COCONUT MACAROONS.

In the above recipe use either the unground rolled oats or the ground, but substitute for the raisins or dates $\frac{1}{2}$ cup of shredded coconut.

SCOTCH OAT WAFERS.

$2\frac{1}{2}$ cups ground rolled oats.	$1\frac{1}{2}$ tablespoons fat.
$\frac{1}{4}$ cup milk.	$\frac{1}{4}$ teaspoon soda.
$\frac{1}{4}$ cup molasses.	1 teaspoon salt.

Mix and roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven.

SPICE CAKE.

4 tablespoons fat.	$\frac{1}{2}$ cup barley flour.
$\frac{3}{4}$ cup sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup milk.	$\frac{1}{2}$ teaspoon ginger.
$\frac{1}{2}$ cup chopped raisins.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{4}$ cups rolled oats.	2 teaspoons cinnamon.

CHOCOLATE CAKE.

$\frac{1}{4}$ cup fat.	2 squares chocolate.
$\frac{1}{3}$ cup sugar.	3 teaspoons baking powder.
1 cup corn sirup.	$\frac{1}{8}$ cups ground rolled oats.
2 eggs.	$1\frac{1}{4}$ cups barley flour.
$\frac{3}{8}$ cup milk.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup mashed potatoes	1 teaspoon vanilla.

Bake in loaf cake pan.

QUICK NUT BREAD.

4 tablespoons corn sirup.	2 cups rolled oats, ground.
2 eggs.	$\frac{2}{3}$ cup corn flour.
2 tablespoons fat.	4 teaspoons baking powder.
$\frac{3}{4}$ cup liquid.	1 teaspoon salt.
$\frac{1}{2}$ cup mashed potatoes.	$\frac{1}{2}$ cup chopped nuts.

Mix in order given. Bake $1\frac{1}{4}$ hours in moderate oven. This makes a good sandwich bread. Raisins may be used in place of nuts.

YEAST BREAD.

(Using 50 per cent wheat flour and 50 per cent substitute.)

$1\frac{1}{4}$ cups liquid.	$1\frac{1}{4}$ cups corn flour, or
2 teaspoons salt.	$\frac{1}{8}$ cups rice or tapioca
1 tablespoon corn sirup.	flour.
$\frac{1}{4}$ cake yeast.	$1\frac{3}{8}$ cups ground rolled oats.
$2\frac{1}{2}$ cups wheat flour.	$\frac{1}{2}$ cup mashed potatoes.

Make a sponge of all the ingredients except the corn flour and the ground rolled oats. The potatoes used should be freshly mashed with no fat or milk added. The water in which the potatoes cooked can be used for the liquid. Let this sponge stand in a warm place until very light. Set the sponge overnight if dry yeast is used. Add corn flour and the ground rolled oats when the sponge is light, knead, and let rise until double in bulk. Knead again, form into loaf, and allow to rise until bulk is again double. Brush over the top of the loaf with melted fat before putting it to rise. Bake $1\frac{1}{4}$ hours in a hot oven. This will make one loaf. All breads made with substitute flours are better if baked in single-loaf pans or in rolls or buns.

